

Fitness Center provides tools to help stay in shape

p. 4



MARINE CORPS RECRUIT DEPOT SAN DIEGO

CHEVRON

AND THE WESTERN RECRUITING REGION

Youth sports provides year-round activity, friendship

p. 8



Vol. 72 – Issue 2

“WHERE MARINES ARE MADE”

FRIDAY, JANUARY 13, 2012

Depot mascot promoted to NCO



Cpl. Matthew S. Lemieux

Belleau Wood, the depot mascot, reviews the NCO Creed with Brig. Gen. Daniel D. Yoo, commanding general, Marine Corps Recruit Depot San Diego and the Western Recruiting Region, during her promotion ceremony Jan. 5. The two-year old English Bulldog was promoted to corporal.

BY SGT. WHITNEY N. FRASIER
Chevron staff

The depot's mascot, Belleau Wood, was promoted to the rank of corporal, Jan. 6, by Brig. Gen. Daniel D. Yoo, Marine Corps Recruit Depot San Diego and the Western Recruiting Region's commanding general.

Sgt. Maj. Sylvester D. Daniels, MCRD San Diego and the WRR's sergeant major, also attended the ceremony.

Promoting the mascot, an English bulldog, may only happen a few times in a dog's tour of duty, but the event can be even more uncommon for the promoter.

“As you get older, you think you have seen everything,” said Yoo in reference to his first time promoting a dog.

Daniels has a different take on this rare opportunity. “This is the second mascot I have promoted in the Marine Corps,” said Daniels.

see MASCOT ▶ 2

H&S Bn. receives CGs Cup awards

BY SGT WHITNEY N. FRASIER
Chevron staff

Brigadier General Daniel D. Yoo, commanding general for the Marine Corps Recruit Depot San Diego and Western Recruiting Region, presented Headquarters and Service Battalion with the prizes from the Commanding General's cup, Jan. 11.

The winnings from the year-round sports program included the commanding general's cup trophy and a check for \$300.

H&S Bn. has claimed the trophy as their own for 29 years since 1952. This year is the fourth consecutive year H&S Bn. will house the trophy. The money will go toward paying for unit functions and events including the Marine Corps Ball.

“I'm very proud of you all, you did a great job,” said Brig. Gen. Daniel D. Yoo as he addressed the battalion. “(The CG's cup) is a great event to be part of.”

Being part of something isn't new to the Marines of H&S Bn. Competition and the use of teamwork are just a couple of traits that run thick within the Corps.

“Competing is just part of the Marine Corps,” said Yoo. “It's a lifestyle to be the best

you are and become a team.”

For 2012, the CG's cup scoring system was changed to award the actual team instead of their command.

“H&S Bn. and [the recruit training regiment] are the powerhouses of the competition,” said Rachel Dickinson, intramural sports coordinator, Marine Corps Community Services. “That's partially why we changed the scoring system.”

The new system is designed to give other commands more chances to take home the trophy.

“Each team plays for themselves,” said Dickinson. “That way we can level out the playing field.”

Even though the stakes have been raised, the battalion still has confidence in winning.

“It's going to be harder this year for sure,” said Sgt. Maj. Michael D. Brookman. “We have so many good athletes on the depot, but I know we are going to succeed and beat the other units again.”

H&S Bn. celebrated their big win with a little physical training and running through the obstacle course.

“Winning makes me the proudest sergeant major on base,” said Brookman. “It's a lineage we have to keep pushing toward for success.”

USD basketball shows appreciation for military members

BY LANCE CPL. CRYSTAL J. DRUERY
Chevron staff

The University of San Diego men's basketball team has shown their appreciation for the military by inviting Marine Corps Recruit Depot San Diego and other military members to watch the USD Toreros Jan. 5.

For the fourth year in a row, military personnel were invited to USD's game against Saint Mary's at the Jenny Craig Pavilion for \$5.

The stands were filled Thursday with almost 1,000 college students, military members, the Marines of Company B that graduated from MCRD Jan. 6.

“San Diego is such a great military community,” said Steve Becvar, associate director of USD department of athletics. “At USD, we have made this one of our outreach priorities, to show support for those who serve. Through athletics and basketball specifically, this has evolved

into a special event, especially when we can tie this into a game that is on television.”

The game was aired nationally on ESPNU. Throughout the telecast they mentioned the graduation of the Marines of Co. B and showed the recruits in the stands.

“It's important to not forget the dedication, commitment and sacrifice the military members and families make, serving our country,” said Becvar. “San Diego has an incredible blend of military, business, tourism, education, athletics and other aspects that make it such a great place to live, work and play. None of this is possible if it were not for the freedoms we have that our military makes possible.”

This special event may have given the new Marines a taste of the appreciation and support America has for its military.

“Since the new Marines are in a public setting representing the Marine Corps, this is a



LANCE CPL. CRYSTAL DRUERY

Marines of Company B who graduated from Marine Corps Recruit Depot San Diego Jan. 6 enjoyed a free University of San Diego men's basketball game Jan. 5. For the fourth year in a row USD has shown their appreciation for the military by inviting MCRD and other military members to watch the Toreros for a small fee.

great opportunity to teach them how to conduct themselves while in a civilian environment,” said Gunnery Sgt. Scott

Chromy, senior drill instructor. “They're use to being recruits, not Marines.”

Chromy also said he found it

important for his new Marines to conduct themselves properly

see BASKETBALL ▶ 2



Lance Cpl. Crystal Druery

Terra Pack, home visitor, New Parent Support Program, Marine Corps Community Services, interacts with some of the children that showed up for Activity Morning Jan. 10 aboard Marine Corps Recruit Depot. Activity Morning is a free event that allows active duty members and spouses to interact with their children through arts and crafts, circle time and learning activities. "They have great activities that my kids love and the staff (is) very helpful," said Rie Mora, Navy spouse, who has become a regular at Activity Morning events.

MCRD sponsors child interactive morning experience

BY LANCE CPL. CRYSTAL DRUERY
Chevron staff

For the past two years Marine Corps Community Services' New Parent Support Program and L.I.N.K.S. has held an Activity Morning almost every second Tuesday of the month aboard Marine Corps Recruit Depot San Diego for children under the age of five.

The Activity Morning is a free event that allows active duty members and spouses to interact with their children through arts and crafts, circle time and learning activities. Each month the theme to keep the children involved. Jan. 10 Activity Morning had a music theme.

"We try to make an environment for the parents and the children to socialize. It's especially important for the children that haven't entered preschool and don't get to interact with other children often," said Terra Pack, home visitor, NPSP, MCCS.

Rie Mora, Navy spouse, and a regular to Activity Morning, keeps coming back because of the environment and

support she receives from this event, she explained.

"They have great activities that my kids love and the staff are very helpful," said Mora. "As a mom I can meet other moms and talk about raising a child. It also gives me a chance to ask the trained staff questions I may have before my kids reach preschool."

At 9:30 a.m. the Activity Morning starts in building 6E with arts and crafts and free play with their parents and other children. Pack explained the activities are creative and open-ended so that the children have pride in their work.

"The arts and crafts we provide are meant to develop the children's motor skills and the activities help with their problem solving," said Pack.

Parents with a busy schedule are encouraged to stop by even for just a few minutes.

"We've had drill instructors that only had a few minutes of downtime, come in just to give their kid a hug," said Pack. "It's awesome for the kids to be close to where their mom or dad works. The bond

they develop makes the kids who they become."

After free time and crafts the children have clean up followed by circle time which gives the children a chance to interact with the staff members and their parents. The staff use the terms clean up, circle time and more to help familiarize the children with the terms once they reach a preschool setting, said Pack.

Circle time was led by George Mangual, director of Substance Abuse Counseling Center, who volunteered to play drums for the children and help them learn to make music. The children were able to play new instruments from drums to maracas with their parents and other children.

"Every month we try to get a new volunteer to lead circle time," said Grace Montgomery, staff, NPSP. "Sometimes we'll have an active duty member come in uniform to read for the children during story time."

NPSP has a range of different services and events, said Montgomery. For anyone looking for home visits or parenting support, they can call (619) 524-0805.

MASCOT ◀ 1

"It's an honor because they are more than dogs, they are Marines."

Belleau has been representing the depot since November 2009 after completing recruit training with Alpha Company, and now has new expectations coming her way.

"She needs to work on her discipline and stop 'mooning' the crowd," said Daniels. "If she keeps saluting the general and doing her job, then she's good with me."

She is one of three mascots currently serving in the Corps, but comes from a

long lineage of prior mascots. The depot's first mascot, James Jolly Plum Duff, made it all the way to the rank of staff sergeant.

Living up to the term "devil dog," Belleau uses her time wisely attracting the attention of thousands every month.

Belleau's official duties include greeting families and friends at the motivational run, wandering around on Family Day, making a presence at graduation ceremonies, assisting with VIP tours and various area recruiting events.

"Now that she is an NCO, I expect her to set a good example for K-9s throughout the Corps," said Col. Wayne Sinclair,

commanding officer, Headquarters and Service Battalion. "She's literally on parade before thousands of people every week."

When the time comes for retirement, Belleau Wood will be dedicated to inspiring her replacement to set the highest standards possible. Until then, she will never forget that she is responsible to her commanding officer for the morale, discipline and efficiency of other Marines.

"You have great potential Belleau. Follow orders, win over the crowd every chance you get, and I'll see you wearing sergeant chevrons before I leave command," said Sinclair.

BASKETBALL ◀ 1

due to the fact the civilians at the game probably don't see Marines very often. This gave the drill instructors a chance to show the professionalism and discipline they worked so hard to instill in new Marines, said Chromy, a 27-year-old, Fremont, Calif. native.

The event also gave the Marines a chance to bond with fellow Marines and their drill instructors in a new way. For 13 weeks, the new Marines saw one side of their drill instructors, training mode, which inhibited asking questions they might have. This night they were given the opportunity.

"This to me is being welcomed into the Marine Corps and the brotherhood," said

Lance Cpl. Cody Jackson, Platoon 1021, Co. B, 1st Battalion. "For the whole three months we spend with our drill instructors all we experienced was yelling. By being able to talk to them shows us that they care. This also gives me a chance to bond with my brothers and for us to talk before going our separate ways."

The Marines were allowed to buy hot-dogs, chips, soda and candy while enjoying the game, which they were deprived of while in recruit training. The follow and lead series honor men were able to relax in armchairs while watching the game close to the action on the court.

Other Marines from MCRD showed up for this special experience with family and friends.

"This was a great opportunity to spend quality time with my family and watch a college basketball game," Capt. Matthew Lamb, deputy, manpower. Brig. Gen. Daniel D. Yoo, commanding general of MCRD, also showed his appreciation of the San Diego community by attending the game. During the beginning of the game Yoo took center court and spoke a few words to the crowd thanking the community for their support.

"USD is honored to host this very special event. Our attendees at the game ask us every year if this event to honor MCRD will happen again and fortunately, it had happened four years in a row," said Becvar. "It's a special night for our fans and the San Diego Community to say thank you and show our appreciation."

BRIEFS

Disneyland trip

The Single Marine Program is sponsoring a trip to Disneyland on Sunday. The cost is \$20.

The trip is open to single or unaccompanied service members aboard MCRD San Diego only. Space is limited.

For information, contact Diana Vuong at (619) 524-8083 or vuongd@usmc-mccs.org.

Cowles Mountain hike

Looking for a morning hike? The Single Marine Program is planning a mini hike up Cowles Mountain Jan. 21.

Come explore this 1.5 mile, 950 foot elevation trail that leads to the highest point within the city of San Diego.

Round trip transportation is provided. Space is limited.

For more information, contact Diana Vuong at (619) 524-8083 or vuongd@usmc-mccs.org.

Women's Dodgeball Tourney

MCCS Semper Fit will host a Women's Dodgeball Tournament, Jan. 24, from 10 a.m. to 3 p.m. at the MCRD Fieldhouse.

This event is part of the depot's Women's Sports Series. Each unit is eligible to participate. Teams must be all female. Awards will be given to the top two teams. Sign-up today by contacting your FRO.

A coaches meeting will take place Tuesday at 11 a.m., in the Fitness Center Conference Room.

To reserve the Fieldhouse for practices and equipment, contact the Fitness Center at (619) 524-4427. For more information, contact Dominique Gary at (619) 725-6407 or via e-mail at garydj@usmc-mccs.org.

Stalking awareness brief

A stalking awareness brief for National Stalking Awareness Month will be offered Jan. 24 in Bldg. 6E from 2 until 3 p.m. by the San Diego District Attorney's Office. The event is sponsored by Behavioral Health Services-FAP.

The program will include information on definitions of stalking, stalker traits and tactics, safety planning and more. For registration or questions, call BHS (619) 524-0465.

Farmers Insurance Open

The Single Marine Program will sponsor a trip to attend the Farmers Insurance Open at Torrey Pines Golf Club on Jan. 28.

The event is free (active-duty military must present proper military ID) and round-trip transportation is provided. Space is limited.

For more information, contact Diana Vuong at (619) 524-8083 or vuongd@usmc-mccs.org.

Career & Education Fair

The Personal & Professional Development Division (formerly Marine & Family Services) will host a Career and Education Fair Feb. 1, from 10 a.m. until 1 p.m. at the Semper Fit Field house, Building 650. The event is free and open to military active duty and reserve, family members, military retirees, DoD civilians and other personnel with access to military installations.

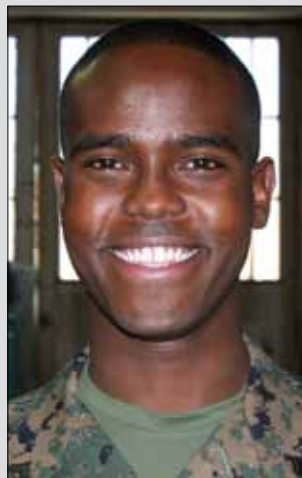
For information, contact Mina Threat at mina.threat@usmc.mil or call (619) 524-1283; or Annie Villalon at annie.villalon@usmc.mil or call (619) 524-1275.

Send briefs to:

rdsd_pao@usmc.mil. The Chevron staff reserves the right to publish only those briefs that comply with Department of Defense regulations and the standards of the U.S. Government.

Around the depot

This week the Chevron asks: "What event or product release are you looking forward to in 2012?"



"PlayStation 4 and Xbox 720. I just got back from a deployment and all I'm thinking about is video games." Cpl. Mujahid Amme, supply clerk, Service Company, Headquarters and Service Bn.



"Hooter's Military Appreciation Day because we get a free sandwich." Sgt. David Oliver, water survival instructor, Instructional Training Company



"The new iPad. I'd love to see it." Kathleen Wolfe, cashier, Marine Corps Exchange



Cpl. Jonathan Merkley

Corporal Linton C. Sangster, a 21-year-old native of Cleveland, Ga., and a chemical, biological, radiological and nuclear defense specialist with 2nd Battalion, 6th Marine Regiment, poses with his gas mask here, Jan. 8. Sangster carries his gas mask to remind himself of his great grandfather Pfc. Linton C. Fendley, who served with 2/6 during World War I and was struck with mustard gas during the Battle of Belleau Wood.

Great grandfather earns WWI French Fourragere, great grandson wears it

BY CPL. JONATHAN MERKLEY
1st Marine Division

FORWARD OPERATING BASE GERONIMO, Helmand province, Afghanistan – A person would be hard pressed to find an organization with the history and traditions as rich as those of the United States Marine Corps.

One Marine who holds the Corps' history and traditions especially close to his heart is Cpl. Linton C. Sangster, a 21-year-old native of Cleveland, Ga., and a chemical, biological, radiological and nuclear defense specialist currently serving here with 2nd Battalion, 6th Marine Regiment. Sangster enlisted in the Marine Corps in 2008 to uphold a family tradition passed down by his two grandfathers and his great grandfather, Pfc. Linton C. Fendley, who served with 2/6, also known as "The Ready Battalion," during World War I.

Sangster stumbled upon his family heritage when he was digging through a box of family photos and discovered his great grandfather fought with 2/6 at Belleau Wood, one of the most famous battles in the history of the Marine Corps.

The Battle of Belleau Wood was fought in France in the spring of 1918. During the engagement, Marine forces fought so fiercely

that they earned the nickname Teufel Hunden, "Hounds from Hell" or more commonly translated as "Devil Dogs," from their German adversaries. The battle was eventually won by U.S. forces, but not before the Marines sustained the highest rate of casualties from a single battle until that point in the Corps' history.

"As I dug deeper I found out that [my great grandfather] was actually hit with mustard gas during the battle," said Sangster. "I find this ironic because my job is to run Marines through the gas chamber and work with chemical warfare."

As Sangster researched more he discovered his great grandfather was awarded two purple hearts and a bronze star for his heroic actions at Belleau Wood. While Sangster can't boast quite the same collection of heroic awards, he served with 2/6 through the battle for Marjah district. Marjah, Nawa district's western neighbor, was once considered and insurgent stronghold before Afghan and coalition forces began Operation Moshtarak in early 2010. Nearly two years later, enough progress has been made in Marjah and Nawa to transfer lead security responsibility of the districts to Afghan forces and the Afghan government.

"From Belleau Wood to Marjah, 2/6 has been ready to fight since 1917," said Sgt. Maj. William Frye, the 2/6 sergeant major. "We used that saying during the battle of Marjah... I'm sure it has deeper impact with Sangster given his family history."

Today, Sangster and his fellow Marines and sailors in 2/6 wear a reminder of this shared family and unit history on their dress and service uniforms.

Following their heroism at Belleau Wood, the Marines of 5th and 6th Marine Regiments were awarded the French Fourragere for their actions during the battle. Now nearly a century later, Sangster has the privilege of wearing the fourragere once earned by his great grandfather and the Marines who served alongside him.

"My great grandfather earned the fourragere and I get to wear it," said Sangster. "Wearing that award on my uniform means so much more to me; I feel like 2/6 is where I was meant to be."

While every Marine walks tall with the Eagle, Globe and Anchor on his chest, Sangster believes he walks even taller because of his family history.

"Since I've been in the Marine Corps I've never seen a story like this," said Frye. "Cpl. Sangster has a lot to live up to, and gets

to hold his head a little higher than everybody else knowing a member of his family earned the fourragere."

Sangster has not decided whether to make a career of the Marine Corps or to move on after he completes his initial enlistment. For now, he carries himself with pride knowing his family and unit history are one in the same.

"Here at 2/6 we never forget the Marines who have gone before us," said Frye. "Sangster and his family are part of that tradition."

Editor's note: Second Battalion, 6th Marine Regiment, is currently assigned to Regimental Combat Team 5, 2nd Marine Division (Forward), which heads Task Force Leatherneck. The task force serves as the ground combat element of Regional Command (Southwest) and works in partnership with the Afghanistan National Security Forces and the Government of the Islamic Republic of Afghanistan to conduct counterinsurgency operations. The unit is dedicated to securing the Afghan people, defeating insurgent forces, and enabling the ANSF assumption of security responsibilities within its operations in order to support the expansion of stability, development and legitimate governance.



COMMANDING GENERAL
BRIG. GEN. DANIEL D. YOO

SERGEANT MAJOR
SGT. MAJ. SYLVESTER D. DANIELS

PUBLIC AFFAIRS DIRECTOR
MAJ. MICHAEL W. ARMISTEAD

DEPUTY DIRECTOR
JANICE M. HAGAR

PUBLIC AFFAIRS CHIEF
MASTER SGT. ROBERT G. KNOLL

PRESS CHIEF
STAFF SGT. KENNETH G. LEWIS JR.

PRESS NCOIC
SGT. WHITNEY N. FRASIER

COMBAT CORRESPONDENTS
LANCE CPL. KATALYNN RODGERS
LANCE CPL. ERIC QUINTANILLA
LANCE CPL. CRYSTAL DRUERY

EDITOR
ROGER EDWARDS
CONTACT THE CHEVRON
RDSD_PAO@USMC.MIL

CHEVRON/PUBLIC AFFAIRS OFFICE
1600 HENDERSON AVE. #120
SAN DIEGO, CA. 92140
(619) 524-8722

www.marines.mil/unit/tecom/mcrdsandiego/Pages/welcome.aspx

The Chevron, printed with appropriated funds in compliance with Marine Corps order P5600.31F, is published by Marine Corps Recruit Depot San Diego personnel. Opinions and views expressed herein are not necessarily those of the Marine Corps or the Department of Defense. The Chevron is promulgated for informational purposes only and in no way should be considered directive in nature. All photos are official USMC property unless otherwise indicated.

Depot's Fitness Center helps MCRD members stay physically fit

BY LANCE CPL. ERIC QUINTANILLA
Chevron staff



The Marine Corps Recruit Depot Fitness Center has a vast number of free weights and machines that are available for use to help service members and their families meet any physical fitness goal they set for themselves.

The Fitness Center also holds classes six days a week, for those who prefer a group setting and personal trainers for anyone needing one-on-one attention.

"We're an all encompassing, all branching service," said Ron Rivera, morning supervisor and fitness specialist. "We start with the physical portion of it which is what we offer in terms of personal training and group exercise."

Anyone looking for a group setting to keep them motivated has the opportunity to choose from 10 different classes from yoga to kettlebells. Giving them a chance to find classes that fit their schedule and fitness needs.

The gym has four different facilities they maintain, the fitness center, the functional fitness area, the racquetball courts and the field house.

Each facility is also used throughout the year for different events on base including the Commanding General's Cup and the youth

sports program.

In addition to group fitness classes, the fitness center also holds a number of nutrition classes throughout the year. They can do these classes by special request for the work sections on base.

"It gives a lot of people a baseline knowledge of what really works and what doesn't," said Rivera. "[They explain] fad diets that really hurt versus what's actually effective."

Those looking for one-on-one help with completing their fitness goals can request a personal trainer. To do this, one must fill out questionnaire detailing fitness goals and past medical history. Family members are also eligible for this including children who are looking to improve their sports skills.

"Rather than telling us that you want to lose 10-15 pounds, we ask what do you physically want to see yourself accomplish," said Rivera. "Tell me you want to pullout 20 pull ups opposed to 15, stuff that we can measure versus what's on a scale."

The fitness center is two levels, on the first floor is the weight machines and free weights and the second floor has all the cardio equipment such as treadmills and ellipticals.

"We can actually show them how to program that equipment so that you actually get a harder, more unique workout designed and catered toward whatever fitness goal you want to achieve," said Rivera.

Throughout the week The Fitness Center accommodates from 300 to 800 patrons on a daily basis.

The gym as a whole was renovated 2 years ago, and continues to receive new equipment and maintain what they have.

"We maintain them very thoroughly, as much as we can," said Rivera.

"It's the trainers we put into our facility that make the fitness center, not necessarily (the equipment) we put into it. It's not what you have, it's what you do with what you have."



The Fitness Center has weight equipment that includes both machines and free weights. The center is open to service members and their families, Department of Defense civilians and guests.

Lance Cpl. Eric Quintanilla



The Marine Corps Recruit Depot San Diego Field House is just one of four different facilities maintained by the MCRD Fitness Center. The Field House is used throughout the year for the Commanding General's Cup and youth sporting events.

Lance Cpl. Eric Quintanilla



Petty Officer 2nd Class Greg Powell, maritime enforcement specialist, Pacific Tactical Law Enforcement Team, spends his morning in the Fitness Center with his fellow team members Dec. 30. The Fitness Center is open 5 a.m. to 9 p.m. Monday through Friday and 8 a.m. to 5 p.m. on weekends and holidays.

Lance Cpl. Eric Quintanilla



The depot Fitness Center hosts ten different classes six days a week. Classes range from yoga and abs to Kettlebell and Morning Mayhem to give patrons a choice in selecting classes that fit their individual needs.

Lance Cpl. Crystal Druey



The depot's Fitness Center has a number of different types of cardio equipment including treadmills, ellipticals, and stationary bicycles. The cardio equipment has preprogrammed workouts including sprints and intervals that the fitness center staff can help to setup for its patrons.

Lance Cpl. Eric Quintanilla

Sabrina O'Neil, the spouse of a depot Coast Guardsman, runs the ladder (an exercise similar to the football training exercise in which the player runs through a lined-up of tires) as part of her program to achieve fitness goals Dec. 30. O'Neil works with Marlise Steward, a Fitness Center personal trainer, who assists her in performing exercises properly and in tracking the results of her efforts.

Lance Cpl. Crystal Druey

San Diego horse ranch helps heal veterans

BY LANCE CPL. ERIC
QUINTANILLA
Chevron staff

Service members suffering from post-traumatic stress disorder have many tools to assist them and with the help of Valenti Ranch in Rancho Santa Fe, Calif., they have one more.

Valenti Ranch is home of The Pegasus Rising Project who rescued and repurposed a herd of Polish Arabian Horses from a life of abuse through neglect.

“Our mission is to partner horses and humans for healing,” said Gary Adler, President and CEO of The Pegasus Rising Project.

The horses are now being used by various veteran organizations for animal therapy, to help those suffering from PTSD. Last year alone, they brought in more than 1,000 participants, the majority being military members that come on a weekly basis to interact with the herd.

“It feels like the animals got rescued, and in return they’re trying to rescue the service men and women that need help,” said Gunnery Sgt. Jonathan White, operations chief, 2nd Recruit Training Battalion, Recruit Training Regiment. “It’s a relaxing, quiet environment with animals that have similarities with (post traumatic stress disorder) veterans.”

Due to the horses being undomesticated, they offer a unique opportunity for the

service members to connect with them. According to Adler, horses are naturally prey animals and share similar characteristics with those suffering from PTSD or traumatic brain injuries.

“Most of the horses have come a long way too, and have dramatically improved in terms of openness to people,” said Adler. “An undomesticated or wild horse won’t allow anything to get within about 15 to 20 feet of it unless it trusts it. So the horses are definitely much more engaged now.”

Adler uses the horses to encourage service members to strive for success and to stay committed to the program.

“The big message we try to convey is that everybody heals at a different pace or rate. There’s no right or wrong about it,” said Adler. “The key is not to judge or rush it because it’s an individualized thing.”

The Pegasus Rising Project receives help from Marines about every two months as well as civilian volunteers on a daily basis to ensure the project runs smoothly. White has volunteered with this organization twice now and looks forward to coming back in the future.

“I thought it was one of the best community service volunteer programs that I’ve been a part of,” said White. “I think it’s a worthwhile event.”

The project works with the Veterans Village of San Diego



Lance Cpl. Eric Quintanilla

Gunnery Sgt. Jonathan White, operations chief, 2nd Recruit Training Battalion, pets a horse at the Valenti Ranch, Rancho Sante Fe, Calif., while volunteering with The Pegasus Rising Project. The Pegasus Rising Project works with veterans groups to partner horses with service members suffering from post-traumatic stress disorder or traumatic brain injuries.

and Overcoming Adversity and Stress Injury Support to provide animal-assisted therapy to service members.

“Animals don’t judge or talk, they’re just here,” said White. “I think it might help service men and women relax and feel at

ease not having to worry about being judged or what other people might think because they’re animals.”

Col. Timmothy W. Fitzgerald

Parade Reviewing Officer

Colonel Timothy W. Fitzgerald, a Wahiawa Hawaii native, was commissioned a second lieutenant in May 1983 after graduating with distinction from Virginia Military Institute with a BA in history. Upon completion of The Basic School, Fitzgerald reported for flight training at NAS Pensacola, Fla. He was designated a naval aviator in May 1985.

He report to Marine Corps Air Station Tustin, Calif., and was assigned to Marine Helicopter Training Squadron-301, Marine Air Group-16 for training in the CH-53E Super Stallion helicopter.

Fitzgerald was assigned to Marine Heavy Helicopter Squadron-465, MCAS Miramar Calif., after training as a helicopter second pilot in March 1986. While with the “Warhorses,” Fitzgerald was promoted to captain. His billets included basic ground training officer, pilot training officer and nuclear, biological, and chemical officer. He assumed duties as aviation safety officer after graduating from the Aviation Safety Officers Course in Monterey, Calif., in August 1987.

Fitzgerald deployed with Marine Medium Helicopter Squadron-163 (Reinforced) with the 11th Marine Expeditionary Unit, Special Operations Capable, and again with HMH-465, in August 1990 participating in Operations Desert Shield and Desert Storm, where he served as the administrative/personnel officer, director of safety and standardization, and air mission commander.

Upon his return to the U.S. in March 1991, Fitzgerald was assigned to HMT-302 as the flight line officer and

instructor standardization pilot.

In July 1992, Fitzgerald attended the Amphibious Warfare School at Marine Corps Base Quantico Va., where he was an honor graduate. He then reported to Officer Candidate School as platoon commander for 1st Platoon, Company B.

In August 1993, Fitzgerald was assigned to Marine Helicopter Squadron One at Quantico, the unit that flies and maintains Marine Corps One, providing helicopter transportation for the President of the United States.

While with HMX-1, Fitzgerald was promoted to major and served in the billets of ASO, officer-in-charge of the Executive Alert Facility, and Executive Flight Detachment quality assurance officer. He was designated a White House helicopter aircraft commander in the CH-53E & 53D, VH-60N, VH-3D; and as a co-pilot in the CH-46E. He was also designated a presidential command pilot.

Following HMX-1, Fitzgerald reported to HMH-462, Marine Corps Air Facility Tustin, in July 1997 as the aircraft maintenance officer. He subsequently deployed to Okinawa, Japan, as part of the unit deployment program.

Upon return from deployment, Fitzgerald relocated with HMH-462 to MCAS Miramar where he served as operations officer and executive officer.

In July 1999, Fitzgerald joined HMM-166 as the CH-53E detachment officer-in-charge. He subsequently deployed with HMM-166 (Rein) as the Aviation Combat Element aircraft maintenance officer and executive officer. During the deployment with the 15th MEU (SOC), Fitzgerald participated in Operation Stabilize, humanitarian operations in East Timor and Operation Southern Watch in the Arabian Gulf.

Upon his return, the Fitzgerald was assigned as the deputy director of safety and standardization and as the rotary

wing aviation safety officer for the 3rd Marine Aircraft Wing until May 2001 when he assumed duties as the executive officer for the 13th MEU (SOC). While deployed with the 13th MEU (SOC), Fitzgerald participated in Operation Enduring Freedom.

In July 2002, Fitzgerald was transferred to MCAS New River N.C., where he assumed command of Headquarters and Headquarters Squadron from August 2002 to July 2004. He then transferred to the National Defense University as a student at the Industrial College of the Armed Forces, graduating with a Master of Science in National Resource Strategy in June 2005. Following this assignment he reported to the Pentagon as chief, Force Protection Branch, Deputy Director of Antiterrorism/Homeland Defense, Operations, Joint Staff.

In July 2007, Fitzgerald reported to I Marine Expeditionary Force Camp Pendleton Calif., for follow on assignment to Multinational Force West as the deputy assistant chief of staff, operations, where he deployed to

Al Anbar Province, Iraq in support of Operation Iraqi Freedom.

Upon his return in March 2009, Fitzgerald was assigned as the IMEF assistant chief of staff for operations, and chief of staff, 1st Marine Expeditionary Brigade.

In July 2011, Fitzgerald assumed his current duties as the chief of staff, IMEF (FWD).

Fitzgerald has accumulated more than 4,800 flight hours in seven different helicopter models and two fixed wing aircraft.

His personal decorations include the Defense Superior Service Medal, Legion of Merit with gold star in lieu of second award, Meritorious Service Medal with two gold stars in lieu of third award, Air Medal with strike numeral two, Navy and Marine Corps Commendation Medal with gold star in lieu of second award, Navy and Marine Corps Achievement Medal, Joint Staff badge and the Presidential Service Badge. He was selected as the Naval Helicopter Association Pilot of the Year for Region 1 in 1998.

“Congratulations Marines, welcome to the Corps. You have embarked on a journey that few have traveled. You have earned the title of United States Marine, one which is never given. You have challenged yourselves, stood by each other, and you have decided to make a difference in this world. Your willingness to be part of something greater than yourselves is an exceptional character trait. Stand tall, and have the courage to do the right thing at the right time for the right reason. Semper Paratus, and know you have earned the right and privilege to follow in the footsteps of those who have gone before us.”





Platoon 2103 COMPANY HONOR MAN Lance Cpl. T. M. Dougherty Houston Recruited by Staff Sgt. L. Ortiz
Platoon 2105 SERIES HONOR MAN Lance Cpl. C. Cid Moreno Valley, Calif. Recruited by Staff Sgt. O. Hernandez
Platoon 2101 PLATOON HONOR MAN Pfc. B. I. Horn Orange, Calif. Recruited by Staff Sgt. D. Santos
Platoon 2102 PLATOON HONOR MAN Pfc. P. Berumen Montebello, Calif. Recruited by Staff Sgt. M. Greene
Platoon 2106 PLATOON HONOR MAN Pfc. A. C. Avis Mansfield, Texas Recruited by Staff Sgt. M. Remington
Platoon 2107 PLATOON HONOR MAN Pfc. M. W. Meissner Fort Snelling, Minn. Recruited by Sgt. B. L. Blazer
Platoon 2106 HIGH SHOOTER (338) Pfc. J. L. Pugh West Valley, Utah Marksmanship Instructor Cpl. S. M. Tate
Platoon 2101 HIGH PFT (300) Pfc. J. M. Mejia Reno, Nev. Recruited by Staff Sgt. K. M. Rosema



ECHO COMPANY

2nd RECRUIT TRAINING BATTALION

Commanding Officer
Sergeant Major
Battalion Drill Master

Lt. Col. R. L. Hairston
Sgt. Maj. P. A. Siaw
Staff Sgt. J. E. Jackson



COMPANY E Commanding Officer Capt. A. Farsaad Company First Sergeant 1st Sgt. K. L. Hutson	SERIES 2101 Series Commander Capt. C. T. Phillips Chief Drill Instructor Staff Sgt. R. C. Morataya	PLATOON 2101 Senior Drill Instructor Staff Sgt. J. E. Orozco-Colorado Drill Instructors Sgt. J. C. Lopez Sgt. J. Montalvo Sgt. J. J. Rodriguez	PLATOON 2102 Senior Drill Instructor Sgt. J. S. Strange Drill Instructors Sgt. R. A. Jimenez Sgt. R. Melendez Sgt. H. A. Torress	PLATOON 2103 Senior Drill Instructor Staff Sgt. Z. D. Curran Drill Instructors Staff Sgt. C. A. Barton Staff Sgt. N. Casias Staff Sgt. J. A. Ratliff
	SERIES 2105 Series Commander Capt. P. M. Balawender Chief Drill Instructor Staff Sgt. C. D. Maginnis	PLATOON 2105 Senior Drill Instructor Sgt. C. F. Onyejiaka Drill Instructors Sgt. D. A. Bibbins Sgt. J. M. Mansfield	PLATOON 2106 Senior Drill Instructor Staff Sgt. E. Sheckelford Drill Instructors Staff Sgt. D. M. Durazo Staff Sgt. C. A. Gray Sgt. J. A. Belill	PLATOON 2107 Senior Drill Instructor Sgt. J. B. Fuentes Drill Instructors Sgt. J. A. Valles-Esparza Sgt. J. J. Barnhill Sgt. S. E. Sanchez

* Indicates Meritorious Promotion

PLATOON 2101
 Pfc. E. F. Acuna
 Pvt. A. Corona
 Pvt. N. R. Crot
 Pfc. J. C. Gilbert
 Pvt. M. A. Gomez
 Pvt. R. R. Gomez
 Pvt. A. R. Gonzalez
 Pvt. J. J. Gordon
 Pfc. B. J. Gray
 Pfc. A. J. Green
 Pvt. T. W. Hair
 Pvt. M. S. Harrison
 Pfc. B. I. Horn
 Pfc. T. M. Horten
 Pfc. P. A. Horten Jr.
 Pfc. W. K. Ishoy
 Pvt. S. T. Jaynes
 Pvt. J. C. Key
 Pvt. E. R. Klinker
 Pfc. G. D. Lara
 *Pfc. T. R. Lopez
 *Pfc. J. C. Lopez Jr.
 Pvt. S. R. Mariano
 *Pfc. J. D. Martin
 Pfc. J. A. Martinez
 Pvt. M. A. Martinez
 Pvt. K. L. May
 Pvt. N. R. McCann
 Pvt. T. A. McCormick
 Pfc. J. M. Mejia
 Pvt. M. M. Mendez
 Pvt. H. L. Merkle
 Pvt. J. R. Mier
 Pvt. C. L. Miller
 Pvt. E. I. Montes
 Pvt. A. J. Moore
 Pvt. A. R. Morgan
 Pvt. T. F. Mowery
 Pvt. J. Munoz
 *Pfc. T. T. Nguyen
 Pvt. O. A. Ojeda
 *Pfc. K. J. O'Neal
 Pvt. D. A. Onsurez
 Pvt. G. A. Osario
 Pvt. E. M. Palomar
 Pvt. I. J. Penatac
 Pvt. A. Ramirez
 Pfc. E. J. Rangel
 Pvt. K. D. Rau
 Pvt. M. E. Ridley
 Pfc. K. P. Robertson
 Pvt. P. T. Rodrigues Jr.
 Pfc. M. F. Rodrigues-DeLaCruz Jr.
 Pvt. A. D. Santhon
 Pfc. A. R. Santos
 Pfc. D. C. Seaver
 Pvt. J. R. Self
 Pfc. E. F. Serrano
 Pfc. T. R. Shepard
 Pfc. P. L. Simmons
 Pfc. B. E. Stratton
 Pvt. D. R. Stubblefield
 Pvt. S. X. Sutton
 Pvt. W. T. Taylor
 Pvt. J. D. Sather

Pfc. A. V. Torres
 Pfc. C. R. Velasquez
 Pfc. A. J. Vielma
 Pvt. F. Villa
 Pvt. D. T. Weekes
 Pfc. J. T. Wier
 Pvt. N. Yang
 Pvt. C. R. Zuniga

PLATOON 2102
 *Pfc. N. A. Aguilera
 Pvt. C. D. Beck
 Pfc. P. Berumen
 Pfc. A. A. Cospey
 Pvt. A. W. Cox
 Pvt. J. R. Deason
 Pvt. J. C. Douglass
 Pvt. R. K. Dowdey
 Pfc. A. M. Downard
 Pvt. J. B. Dunn
 Pfc. J. D. Espena
 Pfc. B. N. Falls
 Pvt. J. K. Foose
 Pfc. R. A. Garcia
 Pvt. J. D. Gloe
 Pvt. J. L. Gomez
 Pvt. G. W. Graham
 Pvt. R. G. Griffin
 *Pfc. S. M. Gutka
 Pvt. C. A. Harper
 Pfc. C. J. Hartman
 Pvt. S. P. Hickey
 Pfc. W. Huber IV
 Pvt. J. T. Huskey
 Pvt. D. O. Illif
 Pfc. J. B. Jensen
 Pvt. B. D. Johnson
 *Pfc. J. Johnson IV
 Pfc. C. D. Jones
 Pvt. E. J. Kelly
 Pvt. I. J. Kibby
 Pvt. M. E. Kinman
 *Pfc. J. L. Munday
 Pvt. C. R. Puente
 Pvt. P. E. Ramirez
 Pvt. J. A. Ramos
 Pvt. D. J. Randles
 Pvt. C. C. Rapp
 Pfc. R. A. Rios
 Pvt. D. A. Rivas
 Pvt. W. R. Robertson
 Pvt. J. R. Rodrigues
 Pvt. J. Rodriguez
 Pvt. B. C. Rooney
 Pfc. U. R. Rosas
 Pfc. J. C. Ruiz
 Pvt. T. J. Scherr
 Pfc. A. C. Scott
 Pvt. A. M. Seda
 Pfc. M. E. Segovia
 Pvt. J. M. Shrinski
 Pvt. R. A. Siebert
 Pvt. C. A. Sly
 Pvt. C. D. Smith
 Pvt. R. A. Smith
 Pvt. R. W. Snyder
 Pvt. M. R. Stafford

Pfc. J. M. Stevenson
 Pvt. J. D. Stewart
 Pvt. K. G. Thompson
 Pvt. M. Thornton
 Pfc. C. P. Torney
 Pvt. J. Torres
 *Pfc. Z. M. Turnlund
 Pvt. P. Vasquez
 Pvt. T. Vasquez
 Pfc. W. M. Veck III
 Pvt. T. J. Walker
 Pvt. D. L. Ward
 Pvt. K. A. Webb
 Pvt. D. L. Weese
 Pvt. K. G. Westmoreland
 Pvt. R. S. Wheeler
 Pvt. M. A. Williams
 *Pfc. A. J. Wolford
 Pfc. J. S. Woods

PLATOON 2103
 Pvt. C. C. Albina
 Pvt. R. W. Alstat
 Pfc. T. P. Argosino
 Pvt. N. D. Auten
 Pfc. Z. T. Bailey
 Pvt. S. L. Baldwin
 Pfc. B. K. Barnett
 Pfc. H. J. Beck
 *Pfc. A. Benavides
 Pfc. E. N. Bergstresser
 Pfc. M. T. Bigley
 Pvt. T. S. Black
 Pvt. C. A. Branding
 *Pfc. A. B. Chadbourne
 Pvt. C. C. Clark
 Pfc. J. J. Comps
 Pfc. M. T. Conroy
 Pvt. S. J. Cook
 Pvt. C. J. Crenshaw
 *Pfc. T. A. Davies
 *Pfc. J. D. Delgado
 Pvt. A. M. Demoney
 Lance Cpl. T. M. Dougherty
 Pfc. P. J. Farquhar
 Pvt. I. C. Fearn
 Pvt. E. Figueroa
 Pfc. J. W. Fitzwater
 Pfc. R. Garza Jr.
 Pvt. J. A. Gual
 Pfc. M. R. Graveen
 Pvt. S. E. Gulski
 Pfc. Z. Y. Guo
 Pvt. C. M. Haas
 Pvt. A. L. Harrell
 Pvt. R. A. Hartsfield
 Pvt. D. B. Hasler
 Pvt. A. Heng
 Pvt. S. Hernandez
 *Pfc. A. N. Hertel
 Pvt. J. H. Hicks
 Pfc. J. S. Hoffman
 Pvt. A. C. Irizarry
 Pvt. C. A. Johnston
 Pvt. B. B. Jones
 Pvt. C. A. Jones

Pvt. J. A. Jones
 Pfc. B. G. Joseph
 Pvt. J. A. Kehoe
 Pvt. D. J. Kilawee
 Pfc. L. A. Kirkman
 Pvt. K. N. Linebaugh
 Pvt. J. Lopez
 Pvt. H. T. Ma
 Pvt. J. S. Maglio-Long
 Pvt. W. D. Marsh
 Pvt. J. A. Meier
 Pvt. T. D. Mills
 Pfc. J. W. Mock
 Pvt. R. D. Molina
 Pfc. M. Monreal Jr.
 Pvt. N. O. Morris
 Pvt. J. M. Munoz
 Pvt. D. A. Nelson
 Pvt. D. L. Nelson
 Pvt. A. K. Nyoka
 Pvt. T. T. Oberst
 Pvt. J. K. O'Leary
 Pvt. A. C. Olson
 Pfc. B. D. Patel
 Pvt. C. A. Patterson
 Pvt. M. A. Prysock
 Pfc. P. G. Tate
 Pvt. Z. A. Witt
 Pvt. M. W. Young

PLATOON 2105
 Pvt. I. P. Adlerz
 Pvt. E. Aguirre-Palomares
 Pvt. O. L. Almodova
 Pvt. D. T. Alvey
 Pfc. S. B. Anantasomboon
 Pfc. R. R. Andrekus
 Pvt. A. F. Avina III
 Pvt. B. T. Bagniewski
 Pfc. R. J. Beltran
 Pvt. C. W. Bessett
 Pfc. M. T. Bierma
 Pvt. B. M. Boroughs
 Pfc. B. R. Bowie
 Pvt. B. J. Brady
 Pvt. J. Bravo
 Pfc. J. R. Brenden
 *Pfc. T. R. Brost
 Pvt. B. A. Brown
 Pvt. B. T. Brown
 Pfc. Q. D. Brown
 Pvt. W. H. Brown
 Pvt. S. G. Buchanan
 Pvt. A. G. Bullene
 Pvt. K. A. Burmeister
 Pfc. E. G. Burton
 Pvt. A. S. Byrd
 Pvt. R. D. Cairnes
 Pvt. A. P. Cardenas-Ahumada
 Pvt. L. N. Carreon
 Pvt. C. E. Carter
 Pvt. E. A. Castillo
 Pfc. C. J. Chevez
 Pfc. E. S. Cho

*Lance Cpl. C. Cid
 Pfc. N. D. Clark
 *Pfc. S. J. Collett
 Pfc. R. T. Conrad
 Pvt. D. Cordos
 Pvt. C. R. Craft
 Pvt. Z. P. Dehler
 Pvt. C. A. DeLeon
 Pvt. F. Diaz
 Pvt. R. W. Dicken
 Pvt. D. Dominguez
 Pvt. C. G. Duenes
 *Pfc. D. I. C. Ellis
 Pvt. J. D. Ellis
 Pvt. A. Encarnacion
 Pvt. A. L. Ernst
 Pfc. J. Espinosa-Maya
 Pfc. M. M. Estrada
 Pfc. A. M. Eversum
 Pvt. C. A. Fierro
 Pvt. J. Figueroa Jr.
 Pvt. M. T. Fletcher
 Pvt. A. Flores
 Pfc. E. B. Flores Jr.
 Pvt. J. R. Fontanosa
 Pvt. A. Garcia
 Pfc. A. Garcia
 Pvt. T. M. Garcia
 *Pfc. J. N. Garza
 Pvt. J. E. Gissel
 Pvt. K. A. Hamburger
 Pfc. H. S. Han
 Pvt. S. E. Harn
 Pvt. B. L. Hernandez
 Pvt. J. J. Ivy
 Pvt. T. Ledesma
 Pvt. S. P. Lloyd
 Pvt. H. A. Lopez-Ayla
 Pvt. H. C. Luschei
 Pvt. T. J. Matcham
 *Pfc. V. A. Mojarro
 *Pfc. J. C. Oliverio
 Pvt. E. Saenz III
 Pvt. S. Silva

PLATOON 2106
 Pvt. G. A. Abbot
 Pvt. A. R. Ahlberg
 Pfc. A. S. Ali
 Pvt. D. Arellan-Barcio
 Pvt. A. C. Avis
 Pvt. A. C. Ball
 Pvt. J. M. Baugh
 Pvt. S. M. Bell
 Pvt. M. S. Brar
 Pfc. A. B. Caldwell
 Pvt. T. M. Chavez
 *Pfc. M. G. Contartese
 Pvt. A. W. Daniels
 Pfc. B. J. Daniels
 Pfc. J. L. Duggan
 Pvt. R. J. Duthler
 Pvt. S. J. Ebberts
 Pvt. E. W. Fair
 Pvt. J. T. Flink
 Pvt. K. J. Ford
 Pvt. D. J. Fulton

Pfc. Z. A. Gatlin
 Pfc. J. A. Gibson
 Pvt. D. C. Gilliam
 Pvt. B. A. Gipson
 Pvt. C. J. Goeman
 Pvt. N. S. Grasso
 Pvt. J. P. Gross
 Pvt. D. P. Hansen
 Pvt. M. P. Hansen
 Pvt. M. T. Hiramato
 Pvt. L. T. Hitchcock
 Pvt. D. A. Hurtado
 Pvt. R. J. Idom
 Pvt. P. T. Janes
 Pvt. J. A. Jarvie
 Pvt. M. R. Johson
 Pfc. S. A. Jumming
 Pvt. S. M. Langford
 *Pfc. M. K. Lankford
 Pvt. J. L. Lashway
 Pvt. F. K. Lee
 Pfc. B. F. Libby
 Pvt. M. P. Lopez
 Pvt. W. A. Ludwig
 *Pfc. J. M. McGregor
 Pvt. K. A. McNamara
 Pvt. T. J. Montano
 Pvt. J. C. Ninde
 Pfc. T. K. Nishi
 Pfc. D. O'Brien
 Pvt. E. E. Orta
 Pvt. C. J. Perry
 Pfc. J. L. Pugh
 Pvt. J. B. Ramos-Gomez
 Pfc. E. P. Roberts
 Pvt. S. A. Sanchez
 Pvt. Z. T. Sanders
 *Pfc. N. S. Santana
 Pvt. R. S. Saunders
 Pvt. D. M. Schaeffer
 Pvt. Z. R. Silverman
 Pvt. N. A. Smith
 Pvt. P. B. Stalcup
 Pvt. L. C. Sumner
 Pfc. T. J. Thon
 Pvt. T. A. Timmons
 Pvt. S. M. Tinsley
 Pfc. C. W. Underwood
 Pvt. R. S. VanderCook
 Pvt. J. B. Ventura
 Pvt. G. T. Vercillo Jr.
 *Pfc. M. R. Villarreal Jr.
 Pfc. J. O. Wacker
 Pfc. J. Y. Wesolowski

PLATOON 2107
 Pvt. R. V. Abreu
 Pvt. J. M. Bernavides
 Pvt. K. Bone
 Pvt. F. Fuentes
 Pvt. G. G. Halter
 Pvt. A. Hernandez
 Pvt. H. W. Howard III
 Pfc. C. T. Kirkpatrick
 Pvt. M. P. Kleineidam
 Pfc. M. A. Kozik
 Pfc. E. Lopez-Martinez

Pfc. K. M. Lota
 Pvt. F. Madrid
 Pvt. N. T. Madrid
 Pvt. T. J. Maguire
 Pvt. L. M. Marelin
 Pvt. M. R. Marrero
 Pfc. A. T. Martin
 Pfc. G. T. Martinez
 Pfc. R. S. Martini
 Pvt. J. A. Mata
 Pvt. D. B. McLaughlin
 Pvt. N. A. McNamara
 *Pfc. M. W. Meissner
 Pvt. T. J. Miller
 Pvt. O. Miranda
 Pfc. G. Mnjoyan
 Pvt. A. L. Mora
 Pfc. S. M. Morgan
 Pfc. T. M. Morris
 Pfc. Z. G. Naslund
 Pvt. A. S. Neal
 Pvt. G. E. Nelson
 Pvt. N. C. Nelson
 Pvt. T. D. Norton
 Pvt. S. R. Nunemaker
 *Pfc. D. A. Odell
 Pvt. R. Olvera
 Pvt. C. W. Osborne III
 Pvt. E. G. Paradiso
 Pfc. J. K. Puccetti
 Pvt. R. V. Pulido III
 Pfc. D. B. Rabenaldt
 Pvt. A. P. Ramirez
 Pvt. J. A. Reese
 Pvt. B. H. Richardson
 Pvt. D. L. Ridge
 Pvt. C. E. Riggsby
 Pfc. E. E. Rivera Jr.
 *Pfc. I. L. Roberts
 Pfc. J. L. Robles
 Pvt. S. E. Robles
 Pvt. J. B. Russell
 Pvt. C. R. Sargent
 Pvt. T. J. Schuster
 Pvt. Z. C. Schultz
 *Pfc. D. W. Smith
 Pvt. K. B. Smith
 Pvt. T. E. Sootoo
 Pfc. E. O. Stafford
 Pvt. A. W. Strickland
 Pvt. T. R. Sturgeon
 Pvt. S. M. Swisher
 *Pfc. B. J. Taul
 Pvt. B. R. Thomas
 Pvt. A. C. Tischler
 *Pfc. A. B. Towner
 Pvt. P. N. Uselding
 Pvt. J. R. Van Valen
 Pvt. R. K. Van Wert
 Pvt. L. Vue
 Pfc. K. S. Walp
 Pvt. C. S. Watkins
 Pfc. D. P. Weber
 Pvt. K. L. Westerman



Lance Cpl. Katalynn Rodgers

Year-round sports programs for children are offered through Marine Corps Recruit Depot San Diego's Youth Sports Program. With this program, children are encouraged to stay active, get healthy and build strong relationships with other children.

Youth sports fun, easy way to get children involved

BY LANCE CPL. KATALYNN RODGERS
Chevron Staff

Marine Corps Recruit Depot San Diego offers a program for military members' children to stay active, get healthy and build strong relationships with other children.

MCRD's Youth Sports Program provides year-round activities such as soccer, basketball and football. The program was developed to encourage sportsmanship, working with others and develop skills in team sports.

"Our mission for youth sports at MCRD is to lay a foundation for tomorrow's leaders by providing opportunities for learning and growth through sports and fitness," said Marry Young, special event coordinator, Marine Corps Community Services. "Through our youth sports, our children can develop an enthusiasm for participation,

a commitment to community affiliation and competence development which can be the foundation for life-long interest and investment in personal fitness and good health."

According to Young, the MCRD philosophy is to offer a wide array of opportunities for participation in organized sports and fitness activities. The main emphasis of the program is on participation and providing children with positive, fun-filled activities.

"We focus more on individual and team effort than on winning or losing," said Young. "Each child is guaranteed play time."

The programs are open to children ages four to 14, and allow them to play a variety of sports like basketball, softball, flag football and cheerleading. They also offer summer camps and special events like Chargers clinics.

"Our goal is to enrich the lives of our military community

by providing consistent youth sports programs that promote healthy lifestyles and improve morale, readiness, resilience and retention," said Young. "Our youth sports program provides the children of our military members a positive introduction to recreational sports through individual and team support opportunities with an emphasis on learning, participating and fun."

According to Young, in 2007 MCCS leadership was informed that a major family readiness issue was the lack of youth sports programs aboard MCRD.

"Drill instructors wanted to be connected and supportive of their children but were unable to due to their long hours," said Young. "Children playing at Murphy Canyon would go a whole season without seeing their dad at a game. By creating activities at MCRD, our drill instructors can drop into a practice or game and when the kids see their dads on the

sidelines they ooze joy."

Adults are also encouraged to volunteer as coaches for the youth teams.

"Volunteer coaches are the backbone of all youth sports programs," said Young. "Without their commitment we would be unable to provide youth sports activities here at MCRD."

According to Young, volunteer coaches have the opportunity to affect impact and imprint many children's lives in a positive way. They assist children in learning life-long skills, develop a passion for sports and physical activities and love of the game.

"I volunteer because I love to teach, and it helps to bring my son and I together at the same time," said Staff Sgt. Hector Alanis, assistant training chief, Headquarters Company, Headquarters and Service Battalion. "Watching someone get what you teach them and be able to apply it is a great thing.

Their faces light up, it's like I have made a difference."

While the coaches can take away useful skills from this, they try to help children understand the basics and to enjoy what they are doing.

"Participation in youth sports not only provides a developmentally sound and rewarding experience for children in which they can develop numerous physical, social and psychological benefits," said Young. "But, for some children it serves as an important opportunity to develop passion, confidence, focus and talent. We hope children will gain a desire to shine from their participation in youth sports."

All youth sports programs have a sign-up period prior to the season start. To sign up visit the Family Readiness Office or call 619-524-0916. For more information about the activities offered visit <http://www.mccsmcrd.com>.

<p>SPRING BASKETBALL Fees - \$40/\$45 * Registration Dec. 5 - Feb. 10 ** Season Feb. 11 - Apr. 7</p> <p>SOCCER Fees - \$45/\$55 Registration Jan. 2 - Mar. 8 Season Mar. 24 - May 19</p> <p>BASEBALL Fees - \$55/\$75* Registration Dec. 5 - Feb. 17 Season Feb. 25 - June 9</p>	<p>SUMMER SOFTBALL Fees - \$40/\$45 Registration: June 4 - July 13 Season: Aug. 20 - Sep. 9</p> <p>TENNIS Fees - \$10 Registration: May 28 - June 29 Season: July 2 - Aug. 9</p>
<p>FALL SOCCER Fees - \$45/\$55 Registration: May 7 - Aug. 2 Season: Aug. 18 - Oct. 13</p>	<p>WINTER BASEBALL Fees - \$45*** Registration: June 11 - Aug. 10 Season: Sep. 9 - Dec. 15</p> <p>FOOTBALL Fees - \$40/\$45 Registration: Sep. 3 - Oct. 5 Season: Oct. 27 - Dec. 15</p> <p>CHEERLEADING Fees - \$88 Registration: Sep. 3 - Oct. 5 Season: Oct. 27 - Dec. 15</p>

* Fees are active duty and non-active duty; ** See MCCSMCRD.Com for age groups
*** Active duty only



Lance Cpl. Katalynn Rodgers

Children are encouraged to focus on the fun aspects of a sport, therefore no score is kept during their games. The children are not informed of whether they win or lose. At the end of each game they line up and congratulate each other on a good game.